

MARCH 2020 || ISSUE 03

# CHANAKYA

INDIA'S NO. 1 MENTAL HEALTH MAGAZINE



**FOLLOW @CHANAKYAOFFICIALS**



# THIS ISSUE

**IT'S A GIRL**

BY SRIHARSHINI

**IT'S EXAM TIME**

BY SRIHARSHINI

**ARE YOU A PARENT**

BY APURVA GANU

**BOOK REVIEW**

BY SREE BHAGAVATHE

**WHY MUSIC HEALS**

BY SREE BHAGAVATHE

**COMIC SERIES**

BY SANDHYA

# IT'S A GIRL



"It's a girl!" came the doctor's voice from the cabin, as the entire family sprung up with joy. And the very day started her duties, of being a girl, wife, a mother and then a grandma! She's not even 1 day old! But no one has ever said, "She'll be herself." We girls are familiar with this one line, "Do whatever you want, after marriage". Obviously, it gets on our nerves, right?

Before marriage, she carries her family's reputation, after that she works for her in-laws, then she has children and her entire time is devoted to the sole purpose of looking after them. When is the time for her to live for herself?! Then, her marriage and who'll choose the groom. A caring and supportive husband, or someone least cared that's her fate. But she is taught to be tolerant towards both situations. If only she had the chance to choose her better half, though it's quite normal now but not entirely.

Women are more tolerant of both physical and emotional pain, maybe that's why we're destined to stay this way. Will a boy give up on his job because his wife wants to work? This is considered taboo in our society. Is it stereotyping? Nah, just a custom that has run a long way.

You want to do Psychology but your dad won't allow it. You are in true love with a boy but you are forced to marry someone else because your family won't allow it. You want to have children after 3 years of marriage but your in-laws won't allow it. You deliberately want to pursue a career but your husband won't allow it. You want to throw away everything and run but your children won't allow it. Basically, they're just examples but the pain can be felt only when we experience it personally. You call it Feminism, but we call it Equality. We women and girls aren't toys you could play around with as you wish. We're just humans who need a little encouragement and respect!



# ARE YOU A PARENT?



Being a parent is undoubtedly, one of the toughest tasks. The biggest irony about this role in a person's life is that it can be equally stressful and rewarding, all at the same time! No amount of books, movies, videos or advice can completely prepare a person to be a parent. Taken with that, there can also be a lot of pressure that they may put on themselves to be an ideal parent, a flawless parent or even a 'good' parent.



However, in the struggle to give the best to your child and to be perfect for him, parents make some very common, yet significant mistakes that have the potential of significantly altering the way the child may see themselves in future. It can also affect the manner in which the child believes parenting looks like.



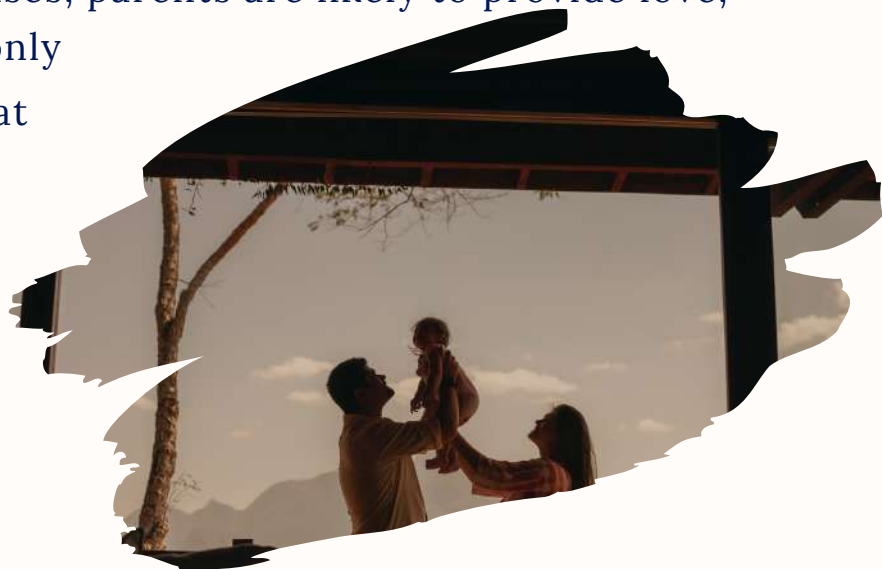
Today, we would be taking a look at certain very common, yet considerable mistakes that parents often make.

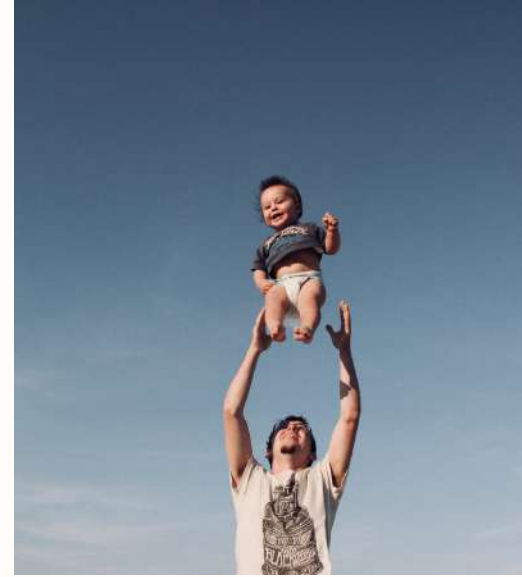
## **Overinvolvement in the child's life:**

While every parent is worried about the child's wellbeing and safety, there can be certain situations where this worry can be intimidating and overwhelming for the child. Such a form of parenting is often known as 'Helicopter Parenting' where the parent is overly concerned about the child and takes too much responsibility for the child's experiences. The parent may try to be extra careful, extra perfect and extra protective of the child. The parent's feelings of anxiety, sense of overcompensation or the pressure to be a perfect parent can lead to this form of parenting.

## **Placing conditions all the time:**

There are many situations where parents often put conditions on their child to get tasks done. These tasks can be from completing the school homework to getting good marks at school. While some conditions can be seen as somewhat acceptable, they can be harmful if the conditions are placed on the love given to the child. This was termed as 'Conditional Positive Regard' by American psychologist, Carl Rogers. According to Rogers, in such cases, parents are likely to provide love, affection, praise and approval only if the child behaves in a way that the parents' feel is correct. The child may not be accepted who he or she actually is and this often has an impact on the way the children perceive themselves as individuals.





### **Imposing one's dreams on to the child:**

Parents want the best for their children, but sometimes it can get too far when they may begin to impose their dreams and aspirations on their child. Due to this, the parent may forget that the child may have dreams and aspirations of their own. This happens as parents end up seeing their child as their 'second chance' that is a way through which the parents can fulfil their aspirations that they were not able to fulfil in their youth. This can get stressful for the child as there becomes a discrepancy between the goals of the child and the goals set for the child by parents.

### **Not changing approach of interaction with time:**

It is commonly said that as the child grows, the parent-child dynamic becomes more and more mature and an element of friendship comes into play. There are more adult to adult conversations, and although the parent always remains in the position of authority, there is a space of interactions and tolerance for disagreements. For this to happen, the parent needs to be mindful that as the child grows, he/she would be forming new opinions, ideas and goals. They would be meeting new people and would have a sense of freedom. When this realisation does not take place, it creates room for pressure in the parent-child dynamic because the child may not feel understood as the parent's approach to the relationship does not change.



## Setting incorrect examples:

According to Albert Bandura, children learn by imitation and in any house, the first model for imitation are parents. Realising this, parents try to set examples of behaviours that are associated with perfectionism. This creates an image in the minds of the children that they are supposed to behave in perfect ways and leave no room for error.



This can cause undue stress and anxiety.

Children may also set unrealistic expectations for themselves and for others too. If parents are able to show that they too make mistakes and can take responsibility for them, then the child is more likely to imitate this fairly adaptive form of behaviour.

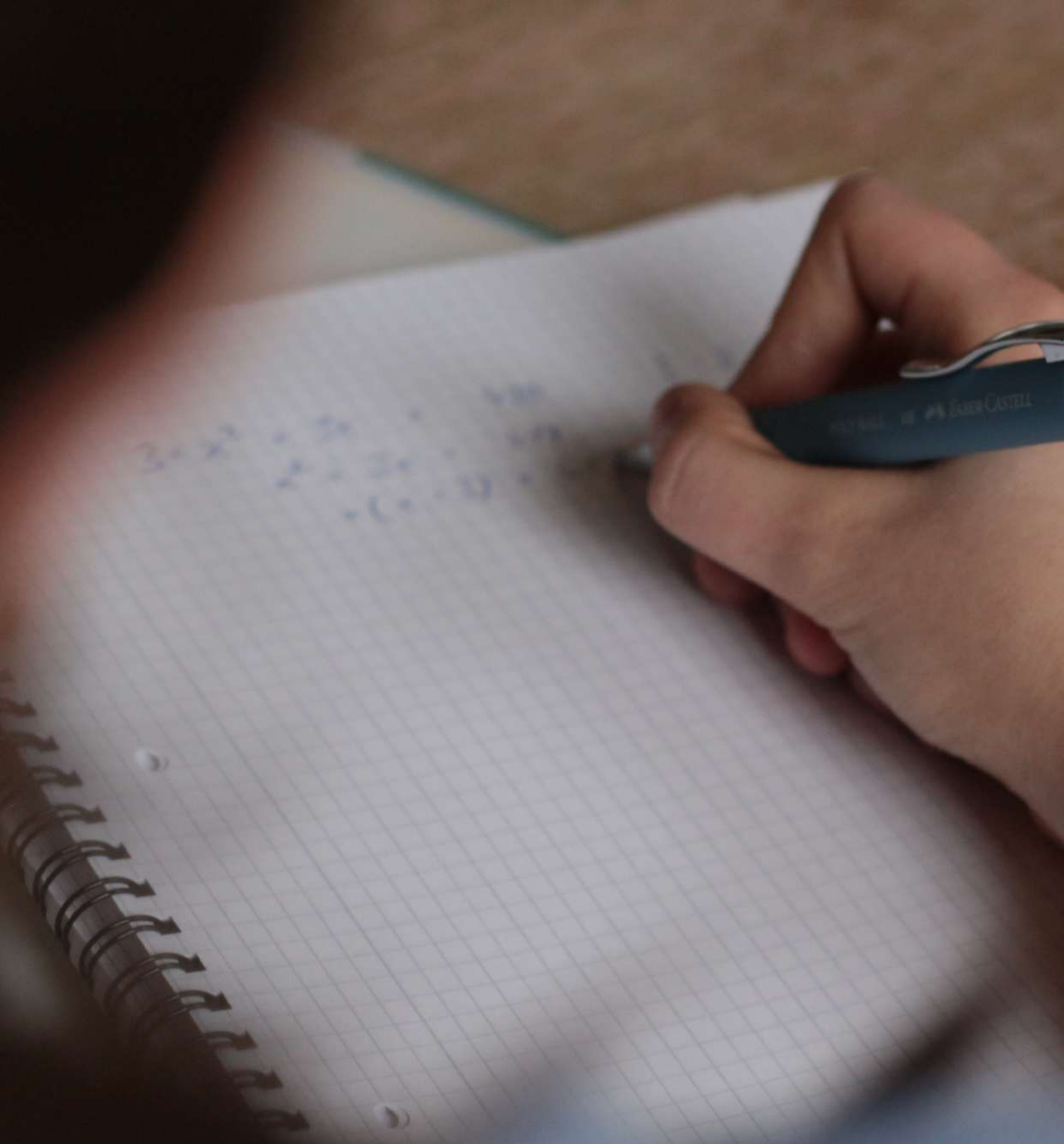


## **Not giving enough time to the children:**

Parents need to give time to their children, no matter how old the children get. When parents spend time with their children, the children are likely to feel loved, valued and cared for. However, excessive reliance on technology and use of gadgets for recreation has taken away the quality time the child and parent need to spend with one another. This can create a communication gap and can create grounds for conflict and distance in the relationship.

These errors can happen in the most unconscious and unintended manner. But understanding them is necessary. Parenting does not come with a rule book and even if it does, the experience of being a parent is different in each parent child dynamic. It is not really important for the parent to be the perfect parent, but it is certainly important for a parent to ensure that they create a comfortable space for the child to develop and flourish.





# IT'S EXAM TIME A STORY

FOLLOW @CHANAKYAOFFICIALS

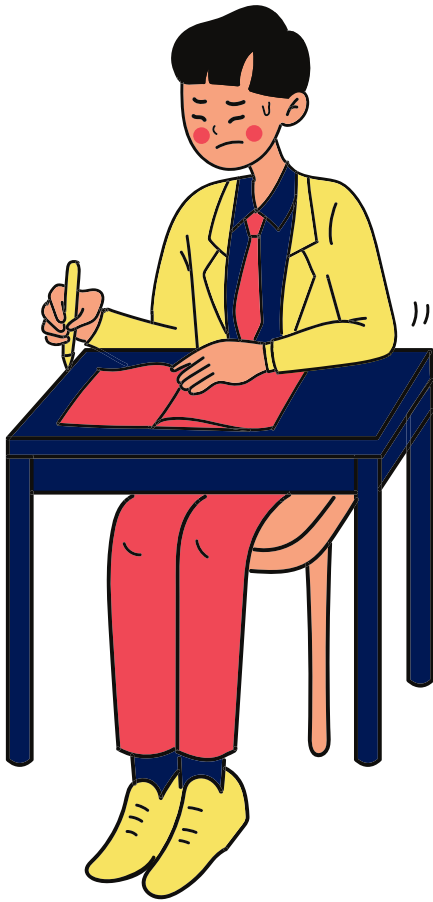


PAGE 11

It was April, the most stressful period for every senior secondary school students. Board exams, tests, viva-voce examinations. Gaurav was a bright student who worked very hard to get good grades. His mother knew how much stress he was into and wanted to make him feel lighter. The final exams were over and now Gaurav had another reason to worry about, results! He had always imagined him as a doctor in a white coat, going rounds around the clinic, looking after the patients with a stethoscope around his neck.



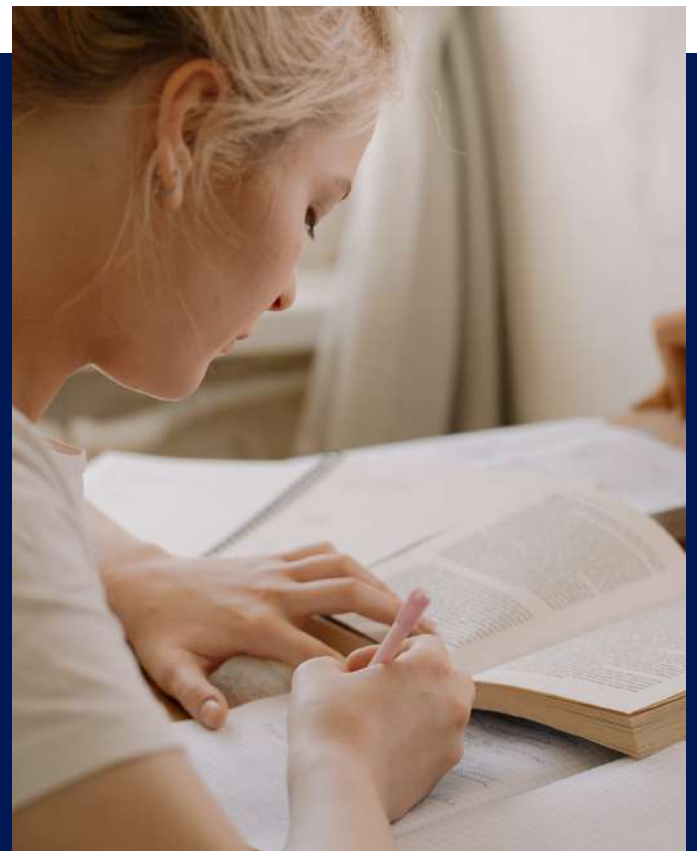
Anything apart from MBBS was out of his ideas. His mother, being a very practical lady knew all the expected solutions. Gaurav would always ask, "Ma, what if I don't get a medical seat! What if I fail to get the required score!! Will I pull it off? Am I supposed to do something else also?" Ma knew his exact problem and wrote a letter to him, placed it near his table lamp and went for work. Gaurav woke up hours later she left and was thinking about his results that were to be announced the next day.



His eyes fell over the letter, he took it to his hands and read. The letter said, "Gaurav, I know you hate advice and that's why I chose the idea of paper and pen to tell you this. I know and even you know you've worked hard. You didn't cheat any exams nor did any malpractice to get good grades. The aspiration of becoming a doctor is in your heart. So it's pure. Stop stressing yourself too much about the outcome. It's done and none of us can change it now. Keep a cool head son. If the results are good, we'll enjoy it and if it's not okay, we'll make out other plans. It's not the end. It's just a part of your life. Let's hope for the best!" Gaurav had a deep thought over his mother's words and felt much at ease after understanding the concept his mother was trying to make him understand. He smiled!

## MORAL OF THE STORY

Overthinking is just an unwanted self-made pressure over the mind thinking of the 'if?' and 'then?' Leave it to rot, you take care of yourself. What has to be done, will take care of itself.



# WHY MUSIC HEALS



Like food, water and clothes, music has become a vital part of life. From the sound of rain, tempering of spices to songs and albums, we've been exposed to music all day. Music is one of the most powerful forms of expression. For every situation in life, we may not relate ourselves to people who were in that place but we can relate to the song. Such supreme power music has. Music is an eternal thing, which impacts people irrespective of language, place and style. Listening to music is people's favourite to do when they feel low and pass time. What has started as this has evolved into musical therapy, which researches say can even cure health problems. Studies say that human brains are developed to respond and react to music at an early age. That distracts us from our current thoughts and go behind the music.



It is also said to reduce anxiety and stress hence played during clinical procedures such as surgeries it would comfort the patient and hence requires fewer sedatives. Listening to music not only motivates you but also helps to focus on your work and helps you to complete your job faster. It is also said to improve communication and memory power. Music is a powerhouse of positivity and heals people irrespective of age. So next time when you feel that you waste time listening to music, remember that the time you enjoy is time never wasted. So turn on your playlist and stay happy!!



# BOOK REVIEW

**BOOK NAME: THE ALCHEMIST**

**AUTHOR: PAULO COELHO**

**RATINGS:**

**GOODREADS: 3.9/5**

**WATERSTONES: 5/5**

**AUDIBLE:4.7/5**

**RECOMMENDED FOR: FOR ANYONE WHO WISHES TO FOLLOW THEIR DREAMS AND HOLD ON TO IT NO MATTER WHAT.**



# WHAT THE BOOK TELLS

This book revolves around Santiago, a shepherd who travels to Egypt from his homeland in search of treasure. But he meets various people during the journey and found the treasure- the treasure which is with him. This story of Santiago tells the importance of pursuing our dreams and listening to hearts. The author seamlessly blends fantasy with truths of lifelike, following our heart, living the moment and many such things. The journey which started out as something turned out to be something else and Santiago found the meaning of life.

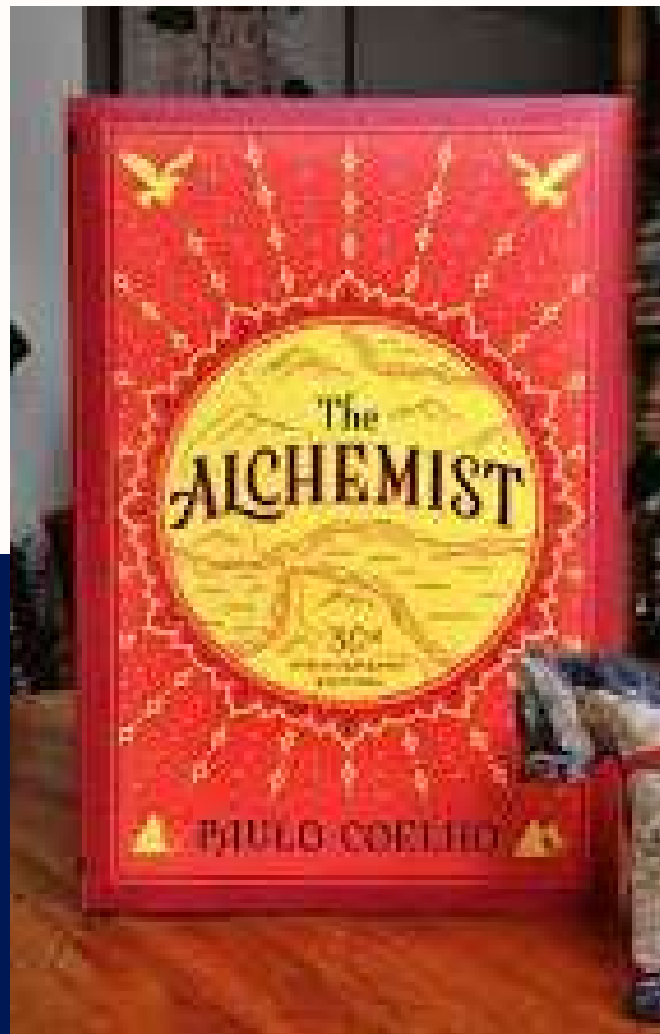
## Conclusion:

This book is best for someone who is in the dilemma of their decisions in life. Every time you read this book, you get to learn various things. It just tells you to hold on with your thoughts and go with the flow. Overall the book tells ,

“

"WHEN YOU  
REALLY WANT SOMETHING, THE WHOLE UNIVERSE  
CONSPIRES IN HELPING YOU TO ACHIEVE  
IT"

”



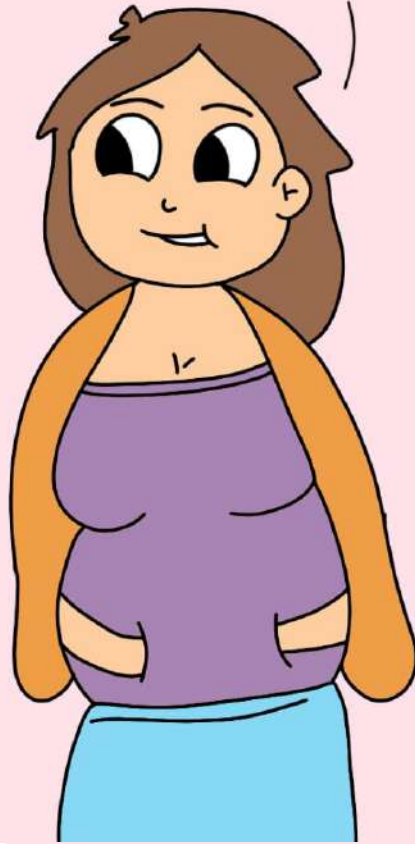
# COMIC SERIES



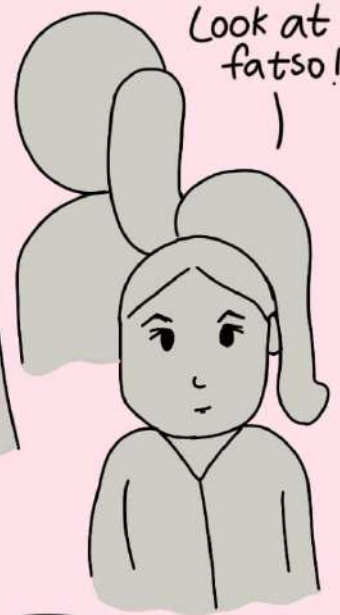
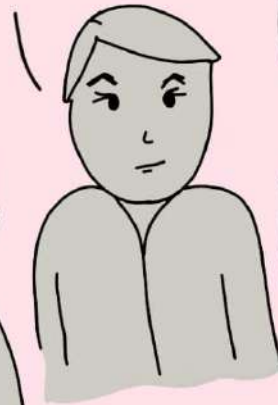
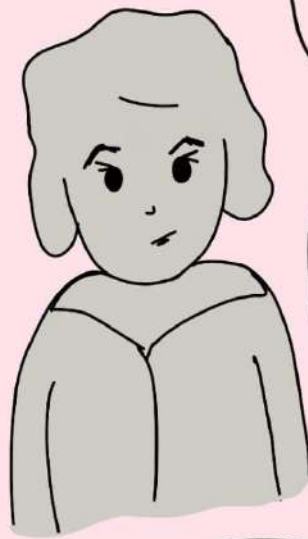
Come let's go for a walk



OK!



Look how thin he is to be a Man!



Look at the fatso!

!?



?!

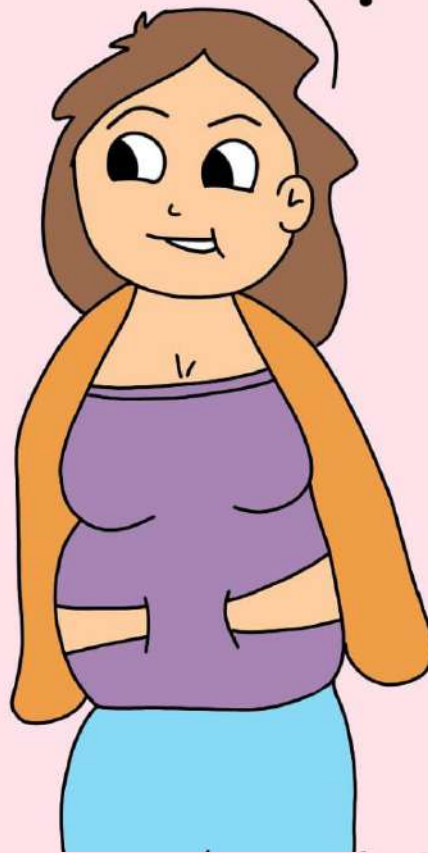


©

Everybody is  
Complaining about the  
Physical Apperance!



Why are you  
worried?



True, I will  
change my mind.



NEVER Worry about  
what others will thin  
Be Yourself!

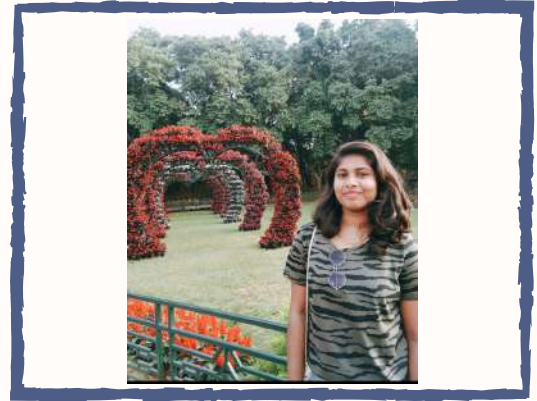


# CREDITS



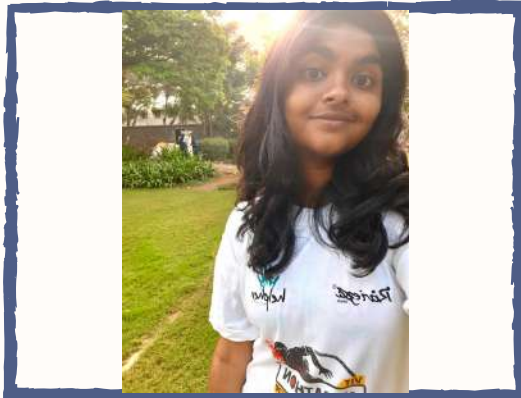
Sriharshini

 @sriharshini\_22



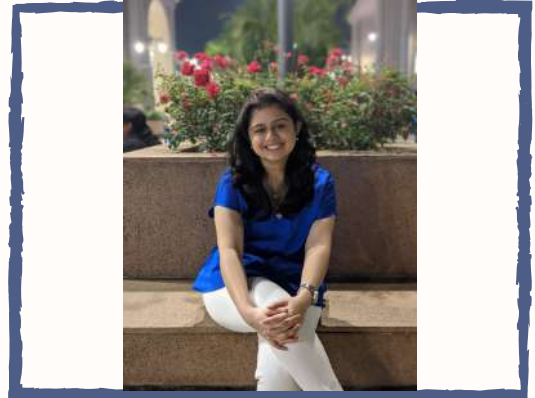
Sandhya

 @\_artofsandy\_



Sree Bagavathe

 @sparkling\_streaks



Apurva Ganu

 @apurva\_ganu



Anchal Vij

 @aachalvij\_11